

Poems by
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In Memory of
Gabriel F. Palmer

Oct 20, 1980 to Aug. 20, 1999

I miss you my son

For my son

I want to feel happiness again and not feel so alone
I want to hear your voice again as I sit waiting by
the phone

I want you here beside me to hold you in my arms
I want so much to take care of you and keep you
safe from harm

As a father I hope I taught you well and wanted
you to know

that you are grown and on your own and it's
time to let you go

you know I will really miss you son and as long
as we're apart

you will always be a part of me and be here in my
heart

By Thomas Palmer Jr.

Lost Love

The cool breeze brushes against my cheek

And whispers the name of love lost

Her smile

The sweet taste of her lips

Her touch

Laughter

the warm embrace.

Now cold,

As loneliness creeps in

Having nothing Left

But memories

By Thomas Palmer Jr. 10/09/07

Words

Sometimes I say things I don't mean
They result from my own low self esteem

Words aren't always a reflection
of what's in the heart

Sometimes out of anger I say harsh things
And nothing I do will take away the sting

Words aren't always a reflection
of what's in the heart

When I say something that makes you cry
Remember what I said was only a lie

Words aren't always a reflection
of what's in the heart

So please forgive me for the words that caused pain
And for the love you once had for me, I hope it remains

Words aren't always a reflection
of what's in the heart

By Thomas Palmer Jr. 8/18/07

I'll Just Get on my Bike and Ride

When there are no guarantees in this life
And there's nothing but heartache and strife
I'll just get on my bike and ride

When nothing is going my way
And I'm having a really bad day
I'll just get on my bike and ride

When I feel penned up in a cage
And inside I build up a rage
I'll just get on my bike and ride

When I'm tired of the hurt and the pain
And I feel like I'm going insane
I'll just get on my bike and ride

When I have trouble and doubt
And I don't know what life is about
I'll just get on my bike and ride

When I feel like I need to be me
And I want to feel like I'm free
I'll just get on my bike and ride

When I no longer have no place to roam
And God is calling me home
I'll just get on my bike and ride

By Thomas Palmer Jr. 08/03/07

The pain inside

*This pain inside is a knife thrust into my chest
Each day of life another twist of the blade.
I long for when I felt happy and secure
A place in time that has begun to fade
It seems so unfair these events in my life
That has caused me so much pain
I just need a ray of sunshine, a cause for hope
But my reality is dark clouds and pouring rain.*

By Thomas Palmer Jr. 06/18/07

Alone in the Dark

Sometimes I feel in the dark and all alone
No one to talk to no one to phone
I can't find my way out of this dark dismal place
Lives every day problems getting harder to face
I keep reaching out it's getting so hard to see
To find something out there to help rescue me

By Thomas Palmer Jr. 04/17/07

Before Life Ends

Live each day to the fullest
For you'll know not the moment of last
breath
Live like there is no tomorrow
For nothing is as final as Death
You only have one chance in this life
So live it with the ones that you love
Cherish the moments you have together
In case there is no heaven above.
Tell your children you love them
For there is no greater message you can send
Make sure all their memories are happy ones
Before this life comes to an end.

By Thomas Palmer Jr. 6/9/08

Journey's End

I press on through the dark cold winter night

I am scared and all alone.

I feel the crisp cool breeze rush around my cheeks

That sends a chill down to my bones

*I feel a sharp stabbing pain shooting through my
limbs*

But tonight I will press on

It's so hard to walk through this snow so deep

But I must get home before dawn

*I see a faint light, a beacon of hope as I start
heading around the bend*

*I feel this sudden warmth inside for my journey will
soon come to an end*

*I see a vision of my bed by the warm firelight a
place of comfort and sleep*

*I can't stop now I must press on for the snow is
getting so deep.*

By Thomas Palmer Jr. 06/19/08

Don't Cry For Me

It's getting so dark inside of my head
It won't be long until I am dead
I pray to God for my soul to keep
As I now enter that eternal sleep
Please don't cry for me after I die
With my bonds released my spirit will fly
As I look down from the blue sky above
I will always be a part of the ones that I love
Life's pain is gone so don't morn for me
The chains are now broken my soul is set free

By Tom Palmer 9/20/08